VOICES

A young women's resource

LES VOIX

une ressource pour jeunes femmes

INTRODUCTION

In November 1990, the Nova Scotia Advisory Council on the Status of Women released a report called *Young Women in Nova Scotia: A Study of Attitudes, Behaviour, and Aspirations.* The report was based on a questionnaire covering a wide range of topics, which were completed by over 1,600 young women from all over the province. To complement this report, we decided to produce this resource especially for young women. It includes some of the statistical data from *Young Women in Nova Scotia*; original poetry, prose, and photographs sent to us by young people across the province; some historical information; and a list of resources–places where you can get more information if you need it. We've put all this material in a format that we hope will be useful to you.

We would like to extend our heartfelt thanks to all of the young women who completed our questionnaire or participated in the focus groups in the fall of 1989, and to those who submitted art or creative writing to our "call for works" in early 1991. You have helped us make this project a success!

If you would like a copy of *Young Women in Nova Scotia*, write to us at P.O. Box 745, Halifax, Nova Scotia, B3J 2T3, or you can call 424-8662 if you live in the Metro area, or 1-800-565-8662 toll-free within Nova Scotia.

Au mois de novembre, 1990, le Conseil consultatif sur la condition féminine de la Nouvelle-Écosse a publié un rapport intitulé «Young Women in Nova Scotia: A Study of Attitudes, Behaviour, and Aspirations». Le rapport est issu d'un questionnaire distribué et rempli par plus de 1 600 jeunes femmes à travers la province. En guise de complément à ce rapport, nous avons choisi de publier cette ressource destiné tout d'abord aux jeunes femmes. Cette ressource reprend certaines statistiques du document «Young Women in Nova Scotia», des textes originaux de poésie et de prose et des photos qui nous ont été soumis par des jeunes des quatre coins de la province. Il présente également des données historiques et une liste de ressources et d'adresses utiles.

Nous voudrions remercier très sincèrement toutes les jeunes femmes qui ont rempli le questionnaire ou qui ont participé aux groupes de mise au point qui se sont formés à l'automne 1989 ainsi qu'à celles qui ont répondu à l'appel aux oeuvres d'art et d'écriture lancé au début de l'année 1991. Vous avez contribué au succès de ce projet!

Si vous désirez obtenir un exemplaire du rapport «Young Women in Nova Scotia», vous pouvez nous écrire au C.P. 745, Halifax (Nouvelle-Écosse) B3J 2T3. Si vous habitez la région métropolitaine, vous pouvez nous téléphoner au 424-8662. Ailleurs en Nouvelle-Écosse, le numéro sans frais est le 1-800-565-8662.

92-03321/

I am 16 years old now; I am almost grown up.
My future looks good; I am healthy and happy.
My family and friends are safe and happy too.
I was born in a good time;
we have choices now—most women do.
I can go away to school, or not; I can choose any job I like.
We have earned that opportunity: women have proven their intelligence
—their skill in education and health care,
and in this generation I have the chance to make my own
contribution in the area of my choice.
I can go into business, or medicine, I can stay home if I wish:
I will not, but to have the choice is what matters.
I am glad to live in Nova Scotia—In Canada;
My homeland has its problems, as do all,
But here I can choose my future;
I have grown up knowing that my life is my own; it will be what I make it.
So I thank the women who fought for women's liberation;
Because I have never known oppression, and will not likely ever have to.
I may often take my freedom to choose for granted,
But, once in a while, I remember; and I have to say a silent prayer,
A thank you to the strong-willed women in my country's past,
They gave my generation the freedom to choose. Thank You.

Tanya Moxley
Armdale

About The Nova Scotia Advisory Council on the Status of Women

The Advisory Council was established in 1977 to monitor women's issues and to act as an advisory body to the provincial government. The 12 members of the Council are appointed by government and represent the regional, cultural, and ethnic diversity of the province. Together, they are responsible for bringing the concerns of Nova Scotian women to the forefront of public awareness and government policy, as well as for setting priorities in dealing with these concerns. Such issues may touch any area of women's lives, including paid and unpaid work, family life, health, education, and legal rights. With a small staff located in Halifax, and four fieldworkers responsible for different regions of the province, the Council operates on a budget provided by the Government of Nova Scotia. Advisory Council members, staff, and fieldworkers are always available to hear about an issue, problem, or concern that affects you or your group.

Qu'est-ce que le Conseil consultatif sur la condition féminine de la Nouvelle-Écosse?

Le Conseil consultatif fut fondé en 1977 dans le but d'examiner les questions se rapportant à la condition de la femme et pour agir à titre d'organisme consultatif auprès du gouvernement provincial. Les 12 membres qui siègent au Conseil sont nommés par le gouvernement et sont représentatifs des régions et des groupements culturels et etbniques de la province. Les membres du Conseil ont la responsabilité de faire connaître publiquement les préoccupations des femmes néo-écossaises, d'établir des priorités par rapport à ces préoccupations et de voir à ce qu'elles soient intégrées aux politiques du gouvernement. Les questions qui retiennent l'attention du Conseil touchent plusieurs domaines de la vie des femmes, notamment le travail rémunéré et non-rémunéré, la vie de famille, la santé, l'éducation et les droits légaux. Le Conseil est doté d'un personnel permanent restreint situé à Halifax et de quatre agents régionaux. C'est le gouvernement provincial qui pourvoit à son budget d'opération. Les membres du Conseil consultatif, son personnel et ses agents sont toujours à l'écoute des questions, des

Our Halifax office houses a comprehensive collection of resource materials on a full range of topics for and about women. Staff are available and willing to assist any group or individual with reference inquiries. Many students, teachers, and others use our resource centre when researching a topic of personal interest, or when preparing essays and papers relevant to women's issues.

If you live in the Metro area, you can drop into our office at Suite 207, Purdy's Wharf, Tower 1, 1959 Upper Water Street, Halifax, or call 424-8662. Our mailing address is P.O. Box 745, Halifax, Nova Scotia, B3J 2T3. If you live outside the Metro area you can call us toll-free (no charge) by dialing 1-800-565-8662. Please feel free to call our office for the name and phone number of the fieldworker or Council member in your area.

problèmes et des préoccupations qui retiennent l'attention de votre groupe ou qui vous touchent personnellement.

Le bureau de Halifax possède un fonds important de matériel de ressource portant sur une grande diversité de thèmes qui se rapportent aux femmes et qui lui sont destinés. Le personnel disponible est content de répondre aux demandes qui lui sont adressées par des personnes ou des groupes. Le centre de ressources est fréquenté régulièrement par des étudiantes, des enseignantes et d'autres personnes qui sont à la recherche d'un sujet d'intérêt personnel ou qui doivent préparer des conférences ou des dissertations sur la condition féminine.

Si vous vous trouvez dans la région métropolitaine, vous pouvez visiter nos bureaux situés à la Pièce 207, Purdy's Wharf, Tour 1, 1959 rue Upper Water à Halifax ou téléphoner au 424-8662. Notre adresse postale est la suivante : C.P. 745, Halifax (Nouvelle-Écosse) B3J 2T3. Si vous habitez à l'extérieur de la région métropolitaine vous pouvez nous rejoindre au numéro sans frais 1-800-565-8662. Sentez-vous libre de nous téléphoner pour le nom et le numéro de l'agent régional qui travaille dans votre région.

Photo by Emily Vey Duke, Halifax

Women of the 90's

Women of the 90's
experience joys
experience fears
have suffered through pain throughout the years.
They are sometimes not considered as equal as men,
these issues are brought up again and again.
Women of the 90's
experience anger, happiness,
expecting an equally fulfilling life as others
and won't settle for less.

Jaimee Jacques
Halifax

International Women's Day

International Women's Day had its beginnings in the early labour movement for better wages and working conditions for women, and later with women's struggle to win the right to vote.

Women garment workers in New York's Lower East Side demonstrated in 1857 for equality, improvements in working conditions and better wages. Many women were arrested, but within three years they managed to form their own union.

Half a century later, thousands of women needleworkers marched again from the Lower East Side, making the same demands as their sisters in the garment industry. In addition, they demanded the right to vote. The date was March 8,1908.

On March 8, 1910, Clara Zetkin proposed to the International Socialist Congress in Denmark that this day be dedicated to women's struggles for equality. Today, women around the world celebrate International Women's Day on March 8.

La journée internationale de la femme

La journée internationale de la femme trouve ses origines dans les premiers mouvements travaillistes visant à améliorer le salaire et les conditions de travail de la femme et plus tard dans la lutte des femmes pour obtenir le droit de vote.

En 1857, des femmes du Lower East Side de New York travaillant dans l'industrie du vêtement ont manifesté en faveur de meilleures conditions de travail et d'un meilleur salaire. Plusieurs femmes furent mises en état d'arrestation, mais moins de trois ans plus tard, elles avaient réussi à fonder leur propre syndicat.

Un demi siècle plus tard, des milliers de couturières ont de nouveau monté une manifestation sur le Lower East Side, exigeant les mêmes droits que leurs consoeurs de l'industrie du vêtement. Elles exigeaient également le droit de vote. C'était le 8 mars, 1908.

Le 8 mars 1910, Clara Zetkin proposa au Congrès socialiste international tenu au Danemark que cette journée soit consacrée à la lutte des femmes pour obtenir l'égalité des sexes. Aujourd'hui, les femmes du monde entier célèbrent la Journée internationale de la femme le 8 mars.

International Women's Day (IWD) provides us with an opportunity to reflect on our achievements, celebrate the present, and brace ourselves to continue to work for the equality of women in the future. If you would like to take part in IWD, call your local women's organization for events in your area, or call our Halifax office for a list of province-wide celebrations.

La Journée internationale de la femme (JIF) est une occasion de réfléchir aux réussites du passé, de célébrer le présent et d'alimenter les luttes de l'avenir pour obtenir l'égalité. Si vous désirez participer à la JIF, veuillez téléphoner à un organisme féministe local ou bien au bureau de Halifax afin d'obtenir la liste des célébrations qui se tiennent à travers la province.

Photo by Emily Vey Duke, Halifax

Opinion:

I think as do many others, that the
problems concerning the homeless,
drugs, the environment and our
country and world should be solved.
I think a woman could handle it.

Melissa Mabey
Dartmouth

Young Women in Nova Scotia

They sit
at a table in the corner,
Giggling,
Smiling at the people who watch them.
Hair curled, nails painted,
lips dyed bright red
– or pink.
Lighting a cigarette.
Debutantes discussing quantum physics.

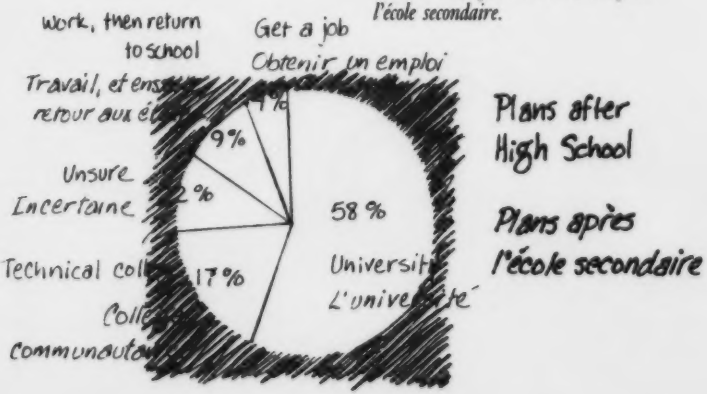
Jane Henderson
Halifax

What Young Women said about...
EDUCATION

Fifty-eight per cent of young women said they were planning to go to university as soon as they finished high school. Right now, only about 10% of adult women in Nova Scotia have a university degree, so it seems that there are many more young women who want to attend university than will actually end up going. And, the older they get, the less likely it is that young women will say they plan to go to university, and the more likely they are to say they plan to go to technical college or vocational school or to get a job after high school.

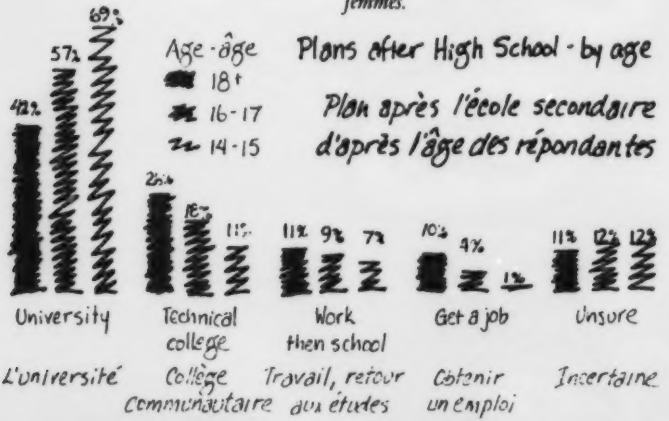
Les jeunes femmes s'expriment :
L'ÉDUCATION

Cinquante-huit pour cent des jeunes femmes qui ont participé au sondage ont dit qu'elles s'attendent d'aller à l'université aussitôt qu'elles termineront l'école secondaire. À l'heure actuelle seulement 10 pour cent des femmes adultes de la Nouvelle-Écosse détiennent un diplôme universitaire, alors il semblerait que le nombre de femmes qui aspirent aller à l'université est de beaucoup supérieur au nombre de celles qui finiront par y aller. Plus les jeunes femmes sont âgées, moins elles diront qu'elles veulent aller à l'université et plus elles seront portées à dire qu'elles veulent fréquenter un collège communautaire, une école de formation professionnelle ou obtenir un emploi tout de suite après l'école secondaire.



In other words, as they get older, their educational expectations are lowered. There may be many reasons for this: university may be too expensive, or may be seen as taking too long, being too difficult or too far away from home. Both young women and young men may experience these feelings. Some of the drop in expectation is, however, accounted for by gender. Young women seem to set their sights lower than young men from the beginning and may become discouraged more easily when faced with obstacles to their potential achievement. In addition, unplanned pregnancies may seriously alter young women's expectations.

En autres mots, à mesure qu'elles vieillissent, leurs attentes en matière d'éducation diminuent. Plusieurs raisons peuvent expliquer ce fait : l'université peut paraître trop coûteuse, le temps qui y sera passé peut paraître trop long, la vie universitaire peut paraître trop difficile ou trop éloignée du foyer. Les jeunes femmes, aussi bien que les jeunes hommes, peuvent éprouver de telles réticences, néanmoins, la diminution des attentes peut s'expliquer par la condition féminine. Dès le départ, les jeunes femmes ont une tendance à avoir des aspirations moins élevées que les jeunes hommes et elles se décourageront plus facilement face aux obstacles qui empêchent leur plein rendement. En outre, les grossesses involontaires peuvent sérieusement compromettre les aspirations des jeunes femmes.



The Road Ahead

Down this rocky path I travel,
Love and hope in my heart for those
who come along next.
As I travel I see the sky,
as clear as the path before me.
But in the distance I see a cloud,
filled with heartbreak and frustration.
I know if my heart and mind don't face it now,
then the followers on my path will have to bear the burden.
So I stand there and let the wind blow through me,
and the rain fall on me and I must
make sure the others don't see;
for I wouldn't want them to praise me for a task
I know they will face in the future.
So down this rocky path I travel
making it clear for those to come.

Jillian Rowe
Dartmouth

What Young Women said about...
CAREERS

For the young women in the study, the most popular "desired" career choices "if nothing got in your way" were high-level professional occupations such as law and medicine. (Although many young women specified a more traditional or "feminine" aspect of a non-traditional or professional occupation, for example, "baby doctor", "child psychologist", "elementary school teacher", or "lawyer–family law.")

Les jeunes femmes s'expriment :
LES CARRIÈRES

Advenant "des conditions propices" le choix de carrière "désiré" par la plupart des jeunes femmes qui ont participé au sondage se situait au niveau des professions libérales, notamment le droit et la médecine. (Néanmoins plusieurs jeunes femmes ont spécifié un aspect plus traditionnel ou proprement "féminin" des professions libérales ou non-traditionnelles, par exemple : la médecine infantile, la psychologie de l'enfance, l'enseignement au niveau élémentaire ou le droit de la famille.)

Desired and Expected Occupations

Occupation	Desired	Expected
High Level Professionals (Lawyers, Doctors, Pharmacists, Politicians)	19 %	8 %
Helping Professionals (Nurses, Physiotherapists, Social Workers, Veterinarians)	16	13
Teachers	11	13
Science Professionals (Scientists, Psychologists, Architects, Engineers, Marine Biologists)	10	6
Entertainment, Travel and Fashion Industry	10	3
Artists, Writers, and Journalists	6	4
Clerical, Sales, and Service	5	12
Business and Computer Professionals and Employees	4	7
Police and Armed Forces	4	3
Childcare Workers, Nursing, Teaching, and Vet Assistants	3	4
Medical Technicians	2	2
Homemakers	>1	2
Non-Traditional Trades and Occupations	1	>1
Other	4	3
Unsure	5	20

In almost every professional occupation, fewer young women expect to have the occupation they most desire. More young women expect to be teachers, childcare workers, aids, or homemakers or to work in business or with computers or in clerical, sales, and service (all more traditional occupations for women) than desire any of these occupations. Even so, fewer young women expect clerical occupations—at present the largest occupational category for women in Nova Scotia—than are likely to hold these jobs in the future.

Dans la plupart des professions libérales, il y a moins de jeunes femmes qui pensent réellement accéder à leur premier choix de profession. Même si ce n'est pas leur premier choix, elles s'attendent plutôt de se retrouver dans les postes suivants : enseignante, travailleuse des services à l'enfance, aide, préposée aux services d'aide familiale ou dans un travail de bureau qui touche les ordinateurs, les ventes ou divers services (ces professions sont traditionnellement associées aux femmes). Même si, à l'heure actuelle, le secteur professionnel qui emploie le plus de femmes est le travail de bureau, il y a

Carrières désirées et attendues

Carrière	***désirée***	***attendue***
Professions libérales (avocate, médecin, pharmacienne et politicienne)	*19 %*	*8 %*
Professions de soutien (infirmière, physiothérapeute, travailleuse sociale, vétérinaire)	*16*	*13*
Enseignante	*11*	*13*
Professionnelle des sciences (scientifique, psychologue, architecte, ingénieure, biologiste marin)	*10*	*6*
Les industries du spectacle, du voyage et de la mode	*10*	*3*
Artiste, écrivaine et journaliste	*6*	*4*
Travail de bureau, le domaine des ventes et des services	*5*	*12*
Administration des affaires, professionnelles et employées dans le domaine de l'informatique	*4*	*7*
Policière et membre des forces armées	*4*	*3*
Travailleuse des services à l'enfance, aide infirmière, enseignante et assistante au vétérinaire	*3*	*4*
Technicienne aux services de santé	*2*	*2*
Auxiliaire familiale	*>1*	*2*
Métiers et travail non-traditionnels	*1*	*>1*
Autre	*4*	*3*
Incertaine	*5*	*20*

Fully 44% of the young women lowered their expectations when they wrote of the career they most expected to have in the future. For some, this shift is relatively minimal (wanting to be a psychologist, expecting to be a social worker or teacher, for example); for many, the shift is more drastic, sometimes in a related field (doctor to nurse), and sometimes completely unrelated (lawyer to hairdresser).

moins de jeunes femmes qui s'attendent de faire ce genre de travail.

Plus de 44 pour cent des jeunes femmes ont diminué leurs attentes par rapport à la carrière à laquelle elles aspirent. Chez certaines, le compromis est minimal (par exemple elles voudraient devenir psychologue et accepteront à la place d'être travailleuse sociale ou enseignante). Chez plusieurs, le compromis est plus radical, parfois à l'intérieur du même domaine (de médecin à infirmière), d'autres fois dans un domaine complètement différent (d'avocate à coiffeuse).

Agreement Between Desired and Expected Occupations	
Drop in expecation (i.e., lawyer to secretary, doctor to nurse)	44%
Exact or very similar (i.e., RCMP officer to police woman)	41%
Lateral shift (i.e., teacher to social worker)	8%
Expectation greater than desire	1%
Unsure for both desired and expected occupation	2%
Other	4%

Compromis entre la carrière désirée et attendue	
Diminution de l'attente (i.e., avocate à secrétaire, médecin à infirmière)	*44%*
Exacte ou très semblable (i.e., agente de la GRC à policière)	*41%*
Compromis latéral (i.e., enseignante à travailleuse sociale)	*8%*
Attente plus grande que le désir	*1%*
Incertaine quant à la profession désirée et attendue	*2%*
Autre	*4%*

I am Afraid

I am afraid
of slowly handing my independence over
for a man.

I am afraid
of donning a man's name
and losing myself.

I am afraid
of becoming a wallflower in society
a passive person who lets wrong
slip through the c

r

a

c

k

s

I am afraid
of giving part of myself
and have it thrown back in my face
unwanted.

I am afraid
of all these things, but more that I'll
reach out
and discover that no one is there.

Heidi Chezelle Rhyno
South Obio

It'll Never Be More ...

It will never be more than a
Hi as we pass through the hallway.

It will never be more than a
Hello as we pass on the street.

For the one that I love
Loves someone else and it isn't me.

Although I wish it to be,
It will never be more than friendship.

It will never be more than a Hi ...
Or Hello as we pass on the street.

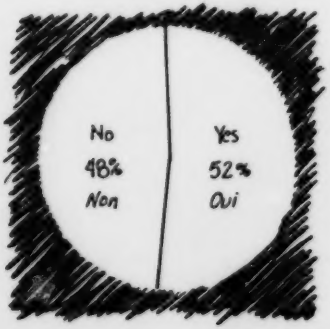
Rhonda Chambers
Springhill

What Young Women said about...

SEXUAL ACTIVITY AND BIRTH CONTROL

Over half of the young women surveyed had had sex with a boy or a man. Only .5% of the young women had had sex with a girl or a woman, but same-sex sexual activity may begin later in life for young women since the pressures that they face to conform to heterosexuality are great and feelings understandably take some time to sort out.

Thirty-one per cent of 14- and 15-year-olds, 59% of 16- and 17-year-olds, and 71% of those 18 and over have already engaged in sexual activity. Almost two-thirds of the young women who reported having had sex had their first experience of sexual activity before the age of 16.



Les jeunes femmes s'expriment :

LES RELATIONS SEXUELLES ET LA CONTRACEPTION

Plus de la moitié des jeunes femmes qui ont répondu au questionnaire avaient eu des relations sexuelles avec un jeune garçon ou un homme. Seulement la moitié de un pour cent avaient eu des relations sexuelles avec une jeune fille ou une femme. Cependant, les relations intimes avec une personne du même sexe peuvent naître plus tard dans la vie des jeunes femmes en raison de la pression sociale qui existe par rapport aux relations bétérosexuelles et du temps nécessaire pour comprendre et assumer ses sentiments personnels.

Trente et un pour cent des filles de 14 et 15 ans, 59 pour cent de celles de 16 et 17 ans et 71 pour cent de celles de 18 ans et plus ont déjà eu des relations sexuelles. Tout près de deux tiers des jeunes femmes qui ont admis avoir eu ce type de relation avaient vécu leur première expérience avant l'âge de 16 ans.

Sex with male

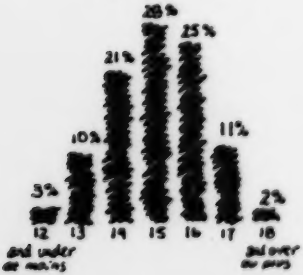
Relations sexuelles avec un mâle

Almost half of the young women in the study said that they did use birth control. However, almost one-third of the young women who are involved in sexual activity do so without consistent protection from accidental pregnancy or sexually transmitted diseases. This may be for a variety of reasons: a boyfriend's reluctance to take any responsibility for birth control, discomfort with a male doctor, or experiencing the side effects of a particular contraceptive method. In general, birth control is expensive and relatively inaccessible to teenagers, particularly in rural areas.

Près de la moitié des femmes qui ont participé au sondage disent qu'elles ont utilisé un contraceptif. Toutefois un peu moins d'un tiers des jeunes femmes qui s'engagent dans des relations sexuelles le font sans se protéger de manière constante contre une grossesse imprévue ou les maladies transmissibles sexuellement. Ce comportement a plusieurs explications : le garçon est peu disposé à assumer sa part de responsabilité dans la contraception, les femmes se sentent mal à l'aise avec un médecin mâle ou elles éprouvent des effets secondaires par rapport à l'utilisation de certaines méthodes. De façon générale, les moyens contraceptifs sont dispendieux et ils sont peu accessibles aux adolescentes, surtout dans les régions rurales.

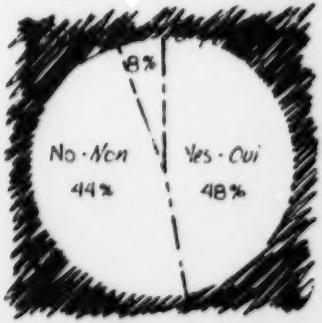
Age of first sexual activity

L'âge de la première relation sexuelle



Birth control use

Utilisation d'un contraceptif



Daybreak

As the morning sun shines,
Brightly through my window,
My hand reaches out,
Hoping you won't be there,
When I touch you,
I open my eyes to find
You staring at me.

The hands on the clock have stopped.
I feel frightened, and alone.
You reach for me,
I lay still.

You touch, fondle and look at me,
I feel disgusted,
I lay there, feeling empty.

Jasmine Corey
Kentville

What Young Women said about...
CRISIS PREGNANCY

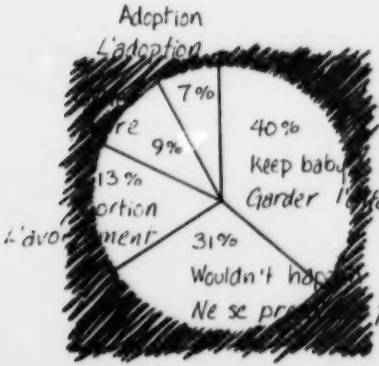
Young women faced with a hypothetical accidental pregnancy most often stated that they would keep the baby. Abortion was a more frequently chosen option than relinquishing the baby for adoption. "Other" responses included "giving" the baby to the grandmother or other relative to care for, either temporarily or permanently, as well as placing the child in foster care.

Urban young women are slightly more likely to choose abortion than their rural or town counterparts, while young women from towns and rural areas are more likely to say they would keep the baby than those who live in urban areas.

Les jeunes femmes s'expriment :
LA GROSSESSE IMPRÉVUE

Les jeunes femmes soumises à l'hypothèse d'une grossesse imprévue ont répondu le plus souvent qu'elles garderaient le bébé. L'option d'un avortement fut choisie plus souvent que celle de l'abandon du bébé pour adoption. Les "autres" options possibles comprenaient celle de "donner" l'enfant à la grand-mère ou à un autre membre de la parenté soit de manière temporaire ou permanente ou bien de placer l'enfant dans un foyer nourricier.

Les répondantes habitant les milieux urbains étaient quelque peu plus nombreuses à choisir l'avortement que leurs consoeurs habitant de petites villes ou la campagne. Ceiles-ci, d'ailleurs, étaient plus portées à garder le bébé que les jeunes femmes du milieu urbain.

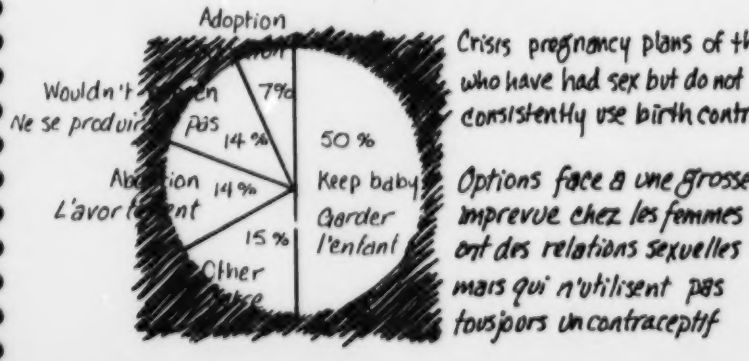


Young women who have had sex are twice as likely to say they would keep the baby, compared to those who have not had sex. Forty-five per cent of young women who had not had sex said "it wouldn't happen." However, 14% of those young women who have had sex but who are not using birth control – in other words, those most likely to actually experience an accidental pregnancy – continue to say "it wouldn't happen."

Strong sentiments on the subject of abortion included those who feel that the procedure is wrong as well as those who believe that the decision regarding whether or not to have an abortion rests solely with the pregnant woman.

Les jeunes femmes qui avaient déjà eu des relations sexuelles étaient deux fois plus portées à dire qu'elles garderaient le bébé que celles qui n'avaient pas vécu cette expérience. Quarante-cinq pour cent des femmes qui n'avaient pas eu de relations sexuelles disaient que cette situation "ne se produirait pas". Toutefois 14 pour cent des jeunes femmes qui avaient des relations sexuelles et qui n'utilisaient aucun contraceptif – c'est-à-dire, celles qui seraient le plus sujettes à une grossesse involontaire – ont toujours maintenu que cette situation "ne se produirait pas".

La question de l'avortement a suscité des réactions fortes allant de la conviction que ce procédé est carrément mal jusqu'à celle que seule la femme enceinte a le droit de choisir ou de refuser d'avoir un avortement.



So Innocent

My love for you has flourished
From the moment you were conceived
You have grown from a tiny seed planted in my womb
And now you are a small flower blooming inside of me
Your roots are embedded in my heart
You are a part of me
We feel, We laugh, We cry
Sometimes when all is silent and serene
I can feel the murmur of your tiny heart
We are one
But what kind of life would we have together?
What could I offer you besides my love?
I am so young, my future holds so much; you are so new, so innocent
What have you done to deserve this? Please don't resent me, I love You!
Though painful and unfair, I have made my decision
This is what I have to do
We cannot go on
As acids penetrate what was once your protective shield
And begin to scald your delicate skin
I sense your delicate cry; the pain you feel
A single tear rolls down my cheek; will it ever dry?
My little flower, your roots are still embedded in me, they have not let go
And when they remove you, baby
They pull my heart out too.

Tina Mercer
Halifax

Grade Nine Health (sexual assault)

They also told me that it was hard.
Of course they didn't know that they meant me,
They only meant those few unfortunate ones
You hear about in movies and T.V.
Of course they never meant someone like me.
  For I have had to be *someone*,
  Someone real, someone good,
  Someone who would never have this secret,
  Who would have told, like teacher said you should.
  Wee, surprise
  Peekaboo.
Just where did you think your good advice
  was going to? (Would you like an interview?)
But you won't want to hear me,
To think that it could have been you
  We'll do it your way, the only way to be,
The only truth you want to see
  I close my mouth, you close your eyes
There is no proof—we'll call that truth,
  and you'll never see me cry.

Your truth is just a very quiet, slapping,
  screaming, stabbing, choking, "gee, I wonder why ..."
Your truth is just a very quiet lie.

Ramona Roberts
Dartmouth

What Young Women said about...
DATING ABUSE

The majority of respondents believe that a steady boyfriend does not have the right to pressure them into anything they do not want to do. (The areas where a boyfriend is considered to have the right to make suggestions, however, are most often dress and weight, and whether or not to have an abortion.) Some young women suggested that there are times when the boyfriend knows better than she does about affairs that concern her life

Some of the young women in this study reported having been slapped or hit (physically abused), forced to have sex (sexually abused), and called names (emotionally abused) by their boyfriends. The incidence of dating abuse ranges from 11% for sexual abuse, 18% for physical abuse, to fully 32% for emotional abuse.

Les jeunes femmes s'expriment :
LES AGRESSIONS ET LES FRÉQUENTATIONS

La majorité des répondantes croient que leur ami régulier n'a pas le droit de les forcer à faire ce qu'elles ne désirent pas faire. (Elles considèrent cependant qu'ils peuvent faire des suggestions dans les domaines suivants : la tenue vestimentaire et le poids de la femme et la décision de subir ou de ne pas subir un avortement). Quelques-unes des jeunes femmes ont avoué que, dans certaines situations, le garçon semble être mieux renseigné qu'elles sur des questions qui touchent à leur vie.

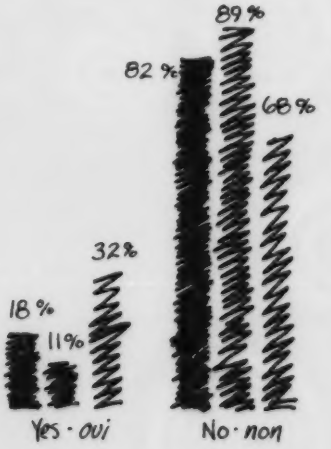
Quelques-unes des jeunes femmes ont rapporté avoir été frappées ou avoir reçu des claques (agression physique), avoir été forcées dans une relation sexuelle (agression sexuelle) et avoir été injuriées (agression affective) par leurs amis. L'incidence des divers cas d'agressions lors des fréquentations est la suivante : 11 pour cent de cas d'agression sexuelle, 18 pour cent de cas d'agression physique et au-delà de 32 pour cent de cas d'agression affective.

Nineteen per cent of the young women who have had sex with a male have been forced to have sex by their boyfriends. Those who have experienced one of the forms of abuse are more likely to have experienced the others as well.

Some young women identified boyfriend-girlfriend relationships as generally problematic, expressing the wish that their peers would stand up for themselves a little more. Others provided us with positive, caring, and egalitarian images of boyfriends.

Dix-neuf pour cent des jeunes femmes qui ont eu des relations sexuelles avec un mâle ont été forcées par leur ami. Dans la plupart des cas, les femmes qui ont été victimes d'un type d'agression étaient plus sujettes à subir également les autres types agression.

Quelques-unes des jeunes femmes ont indiqué que les relations garçons-filles suscitent généralement des problèmes et elles souhaiteraient que les autres jeunes se prennent plus en main. D'autres ont donné des descriptions beaucoup plus constructives d'amis bienveillants, qu'elles considèrent leurs égaux.



A Victim's Prayer

I'm only asking
for happiness
is that so much to ask
please take away
this biting fear
and with it
snitch my past

I'm not asking for
a pocket full of miracles
nothing difficult
as I can see
you created the world,
the sun, and life
so why not a
fearless me

I want to sleep
my nights in peace
and live my days awake
I'm not begging
for something to be given
only offering this
for you to take

You may give it
to a mongrel
who lives his life
in jail
use it to make him
fear the world
see if it will
change his tale

I'll understand
if you're busy
there are people
more in need
than me
I just hope
you've heard my prayer
as amateur
as it may be

Alana Spencer
Windsor

Alone

The precious moments of time stand still
When you're alone.
You have no friends to comfort you,
You have no friends to laugh with,
Only yourself and you're alone.
Deep dark in the shadows of yourself,
There is a feeling you want to share,
But you can't.
Your life is doomed, no feelings, no life,
Just a little spot to stand on
And that you do alone.
Your friends have betrayed you
No care in them for miles,
The sounds of their voices are fading
In the darkness of you.
Alone is like being in a forest on a dark night,
no one to help you find your way home.
People think they feel sorry for you,
But they don't.
All they care about is themselves.
You're missing out on a lot of fun times,
But how should you know,
You're the one that is all alone.

Karen Dominoe
Bridgewater

What Young Women said about...
MARRIAGE AND DIVORCE

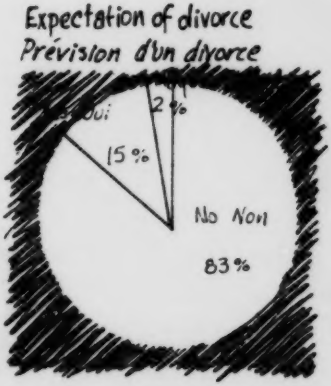
Ninety-three per cent of the young women in the sample expected to marry, the majority while in their twenties. Fifteen per cent said they expected to get a divorce at some point in their lives. Young women who expect to marry in their teens or twenties are more likely to think that they will not get divorced, while those who expect to marry in their thirties are more likely to think that they *will* get divorced. This desire to marry later, along with a higher expectation of divorce, may reflect a more cautious approach to marriage. Young women who said they would not marry at all were often sceptical about marriage as an institution.

Les jeunes femmes s'expriment :
LE MARIAGE ET LE DIVORCE

Quatre vingt treize pour cent des répondantes comptent se marier, la plupart dans la vingtaine. Quinze pour cent ont dit qu'elles s'attendent avoir un divorce à quelque moment de leur vie. Les jeunes femmes qui aspirent à se marier avant ou pendant la vingtaine sont plus portées à croire qu'elles n'auront pas de divorce tandis que celles qui s'attendent de se marier dans la trentaine pensent plus souvent à la probabilité d'un divorce. Ce désir de se marier plus tard dans la vie ainsi qu'une attente plus prononcée par rapport au divorce semble refléter une attitude plus prudente envers le mariage. Les jeunes femmes qui ont indiqué qu'elles ne se marieraient pas étaient très sceptiques envers l'institution du mariage.

Age Range When Marriage Expected
L'aspiration au mariage selon l'âge

Age/*Âge*	%
15-19	2
20-24	39
25-29	47
30-34	5
35-39	1
other/*autre*	6



Almost half of the husband-wife families in Nova Scotia currently have both spouses working. It is becoming increasingly difficult to support a family on the income of a sole wage-earner. Female lone parents in Nova Scotia have an average family income 60% that of male lone parent families and only 48% that of husband-wife families. Not all women are awarded support payments from ex-husbands, and a large number of men default on the payments on a regular basis.

Considering that currently almost one in three marriages ends in divorce, young women's expectations of divorce is much lower than the probability that they may face a divorce, and a significant drop in family income, at some point in their lives.

Les deux conjoints travaillent dans près de la moitié des familles biparentales en Nouvelle-Écosse. Il est de plus en plus difficile de faire vivre une famille sur le salaire d'un seul des conjoints. Le revenu de la femme monoparentale en Nouvelle-Écosse se situe à 60 pour cent de celui de l'homme monoparental et seulement à 48 pour cent de celui de la famille moyenne traditionnelle. Toutes les femmes ne reçoivent pas une allocation de leur ex-époux et plusieurs ex-époux ne sont pas fidèles dans le paiement de ces allocations.

Si l'on tient compte du fait qu'à l'heure actuelle, un mariage sur trois aboutit dans le divorce, l'attente d'un divorce chez les jeunes femmes est beaucoup moins élevée que la probabilité, qu'à quelque moment de leur vie, elles auront à faire face à une telle situation ainsi qu'à une diminution du revenu familial.

Age Range When Marriage Expected by Expectation of Divorce
Aspiration au mariage et prévision d'un divorce selon l'âge

Age Range of Expected Marriage *Aspiration au mariage selon l'âge*	Expectation of Divorce *Prévision d'un divorce* Yes *Oui*	Maybe *Peut-être*	No *Non*
Teens/*Adolescence*	14%	3%	83%
Twenties/*Vingtaine*	14%	2%	84%
Thirties/*Trentaine*	36%	1%	63%
Other/*Autre*	16%	8%	76%

Little Woman

She was crouched on her knees,
Picking strawberries in the intense, noon-day sun.
She had risen at dawn, to prepare breakfast for her husband.
Her fatigue, combined with hours of sunlight pounding upon her back,
Produced a dizzying headache.
Her tense, knotted muscles ached from hours spent
in that tight, compact position.
She rolled backwards onto her heels,
And swept a coarse, bony hand across her sweaty brow.
She sighed with exhaustion.
She thought of the cool, relaxing bath she could indulge in later.
She persuaded herself to continue working in the heat of the blazing sun,
Using that decadent promise as her only sustenance.
Finally, as the sun was setting, she drowsily made her way home,
Trudging down the dusty, dirt path,
She anticipated the cool water,
Soothing the sun-scorched skin,
Loosening her tight, entangled muscles.
She imagined her husband, waiting eagerly for her.
She thought of being in his arms...
Wearily, she pursued her long trek.
And when she finally arrived home–
She was greeted with a fist.

Suzy Royle
Halifax

I have been refused,
Refused to live.
The darkness of my bruises and
the sting of my cuts are the
brutal memory.
I've been turned away and rejected,
battered and beaten.
The open door has been shut
at one look,
one look of real life,
the life of abused women.

Cecilia Unite
Halifax

What Young Women said about...
HOUSEWORK

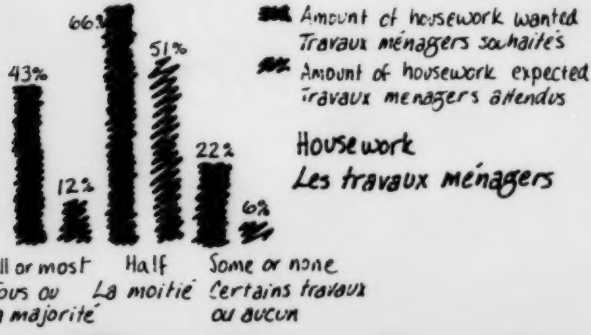
Only half of husbands do any housework at all; on average men perform one hour of housework each day, while women do two and a half hours, regardless of whether or not they work outside the home. In light of these figures, young women's expectations of shared housework are unfortunately extremely unrealistic.

Sixty-six per cent of young women in the study want to do half the housework; 51% of them expect to do half. Seventy-two per cent of young women want their spouse to do half of the housework; only 42% of them expect that he will do half. A majority (56%) expect their husbands to do only some or no housework at all.

Les jeunes femmes s'expriment :
LES TRAVAUX MÉNAGERS

Seulement la moitié des maris s'engagent dans les travaux ménagers. Ils font en moyenne une heure de travaux tandis que les femmes en font deux heures et demie, peu importe si elles travaillent ou non à l'extérieur du foyer. Ces statistiques indiquent donc que les attentes des jeunes femmes sur ce point sont malheureusement très peu réalistes.

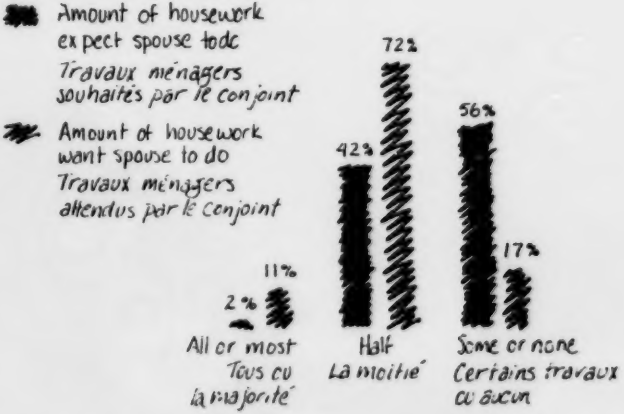
Soixante-six pour cent des répondantes veulent faire la moitié des travaux ménagers; 51 pour cent s'attendent d'en faire la moitié. Soixante-douze pour cent des jeunes femmes veulent que leur mari fasse la moitié des travaux ménagers tandis que seulement 42 pour cent s'attendent vraiment à ce qu'ils vont le faire. La majorité d'elles, soit 56 pour cent s'attendent à ce que leur mari fasse une partie du travail ménager ou aucun travail du tout.



Very few of the young women expect their spouse to do more than half of the housework, yet significantly more expect that they themselves will do more than half. Even taking this into account, young women have high expectations for their spouses' contribution to the housework–expectations that are not borne out by current trends in housework patterns among married couples.

Très peu des jeunes femmes s'attendent à ce que leur mari fasse plus de la moitié des travaux ménagers, toutefois elles sont beaucoup plus nombreuses à s'attendre qu'elles-mêmes en feront plus que la moitié. En dépit de cette dernière affirmation, les jeunes femmes ont des attentes très élevées par rapport à la contribution de leur partenaire dans les travaux ménagers. Ces attentes sont très éloignées des schèmes de comportement qui prédominent en ce moment chez les couples mariés.

Spouse housework
Travaux ménagers du conjoint



My Job

This job I have is day to day,
This job gives me no pay,
For this job I do get bonuses,
My children send them my way.
The father left us long ago,
We hear from him no more,
We try to be happy, then we cry,
We cry because we're poor.
    But,
I am a woman,
I'm strong, I'm proud,
I want you all to hear me.
I am a woman
I'm poor, but confident,
I don't want you to fear me.

Serena Cassidy
Halifax

Women are the soil for all plant existence. They nurture and water the various fruitful trees of our everchanging domain.

Rohini Bannerjee
Dartmouth

What Young Women said about...

CHILDREN AND CHILDCARE

Almost half of the young women who took part in the study want to have two children; more want to have three children than want to have none or one. This represents larger families than are presently the norm. Today, the average number of children in each family in Nova Scotia is 1.6. This means that most women today are having only one or two children.

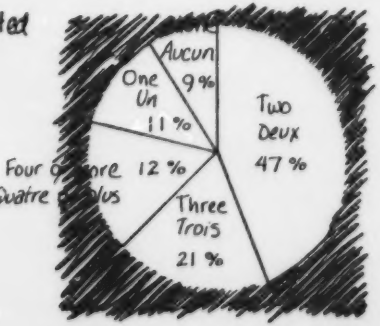
There is a strong relationship between young women's expectation of marriage and the number of children wanted. A majority of those who do not expect to marry said they do not want any children, and when they do want children, they consistently wanted fewer of them than their peers who do expect to

Les jeunes femmes s'expriment :

LES ENFANTS ET LE SOIN DES ENFANTS

Près de la moitié des jeunes femmes qui ont répondu au sondage veulent avoir deux enfants. Le nombre de femmes qui en voulaient trois était plus élevé que celles qui en voulaient seulement un ou aucun. Ces chiffres sont supérieurs à la norme actuelle en Nouvelle-Écosse qui n'est que 1,6 enfant par famille, ce qui signifie que la plupart des femmes n'ont que un ou deux enfants.

D'après le sondage, il existe un lien très étroit entre l'aspiration au mariage et le nombre d'enfants voulus. La majorité des jeunes femmes qui n'aspiraient pas au mariage ont dit qu'elles ne voulaient pas d'enfants, mais lorsqu'elles indiquaient le contraire, elles en voulaient moins que celles qui aspiraient au mariage.



marry. Also, young women who expect to marry at a younger age are more likely to say that they want three or more children; the older the expected age at marriage, the more likely are young women to want only one or two children.

Almost equal numbers of young women said that they would not interrupt their careers at all for childrearing as those who said they would stay home with their children until they started school. Only a small minority said they would return to work after their children were grown.

Over half of the young women who took part in the study optimistically stated that they would share childcare with their partner. As with

Également, les femmes qui comptent se marier à un jeune âge désiraient plus souvent au moins trois enfants; plus elles reculaient l'âge d'un mariage anticipé, plus elles étaient portées à ne vouloir que un ou deux enfants.

Le nombre de femmes qui ont affirmé qu'elles n'interrompraient pas leurs carrières pour rester au foyer prendre soin des enfants jusqu'à l'âge scolaire était à peu près égal à celles qui ont affirmé le contraire. Très peu des femmes ont indiqué qu'elles retourneraient sur le marché du travail après que leurs enfants seraient grands.

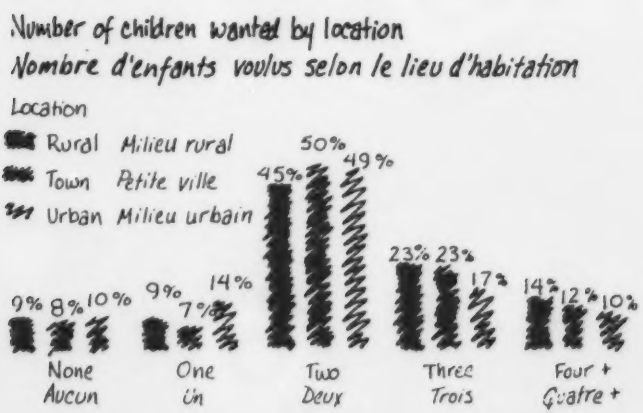
Plus de la moitié des répondantes étaient optimistes quant au partage du soin des enfants avec leur partenaire. Les jeunes femmes semblaient prendre pour acquis qu'elles connaîtraient leur partenaire

Number of Children Wanted by Expectation of Marriage
Nombre d'enfants voulus selon un mariage anticipé

Do you expect to marry? *Aspirez-vous à vous marier?*		Number of Children Wanted *Nombre d'enfants voulus*				
		0	*1*	*2*	*3*	*4+*
yes/*oui*		6%	10%	49%	22%	13%
no/*non*		54%	20%	18%	5%	3%

housework, however, young women tended to assume that they would simply know their prospective partner well enough to know whether or not he would participate fully in caring for the children. The young women who wish to share childcare with their partners are also assuming that they will have a partner to share childcare with. At present, there are over 25,000 lone parent mothers in Nova Scotia, up from roughly 21,000 in 1981; there is no reason to expect that this figure will not continue to rise.

suffisamment bien pour savoir s'il participerait pleinement au soin des enfants et aux travaux ménagers. Elles prenaient également pour acquis le fait qu'elles auraient un partenaire pour partager cette responsabilité. À l'heure actuelle, il y a 25 000 familles monoparentales en Nouvelle-Écosse. Ce chiffre représente une augmentation par rapport au chiffre de 21 000 de 1981 et aucune raison porte à croire que le nombre de familles monoparentales cesserait d'augmenter.



The Sisters Time

With a flick of suddenness, I see
when I was six and you were nine
I wanted to laugh
exactly as you would when the morning
delighted you with its games.
I remember the secret dance
of feet on creaky hardwood steps
bare, in a sticky country night;
two nightdressed ghosts slip
into the dark, simply to count forbidden stars.
Through this chatter of strangers, those
who see resemblance beyond where traits are due
we long for ten years lost,
grasping for laughter.

Rebecca Kennedy
Dartmouth

Reflections

I see you there,
in the mirror,
I wonder where you go,
when I'm not near.

When I look at you,
you look at me.
When I brush my hair,
you follow me.

I see myself in you,
with a little more class.
I see all this,
through a thin piece of glass.

What goes on in your world?
Is it the same as mine?
How do you know when to come to the mirror,
at the same time?

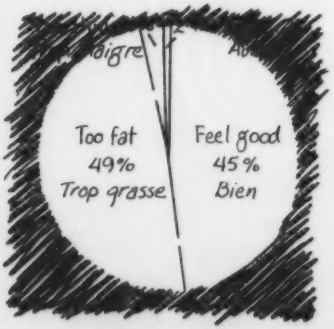
I'm glad to know you,
and I hope you'll never forget
the secrets we share together.
That's why I'm glad we met!

Natasha Yorke
Sydney

What Young Women said about...
DIET

Half of the young women surveyed felt they are too fat, although the majority of them fall into "average" weight and height ranges. Very few feel they are too thin. Forty-four per cent of the respondents had been on a diet at some time during the past year. A majority of the young women who feel they are too fat have been on a diet, but even some of those who feel good about their weight or are too thin have been on a diet.

Of those who have been on a diet, only a small minority have tried to lose weight in a healthy and sensible manner, by reducing "junk food" or by increasing the amount of exercise they got. Many of those who said they have reduced the amount of



Feelings about weight
Sentiments relatifs au poids

Les jeunes femmes s'expriment :
LE RÉGIME ALIMENTAIRE

La moitié des jeunes femmes qui ont participé au sondage ont indiqué qu'elles pensaient être trop grosses même si la majorité d'entre elles se situaient dans la "moyenne" au niveau de la taille et du poids. Très peu d'elles estiment qu'elles sont trop maigres. Quarante quatre pour cent des répondantes avaient été au régime au cours de la dernière année. La majorité des jeunes femmes qui pensaient être trop grosses avaient déjà suivi un régime. Il y en avait même parmi celles qui acceptaient leur poids ou qui se sentaient trop maigres qui avaient suivi un régime.

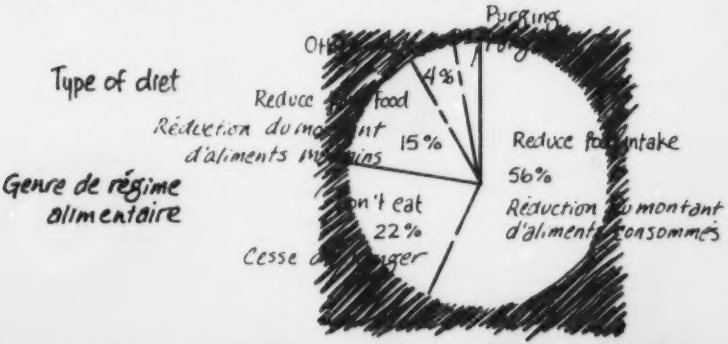
Parmi les femmes qui avaient été au régime, seulement une petite minorité avaient choisi de perdre du poids d'une manière saine et raisonnable, c'est-à-dire en réduisant leur consommation d'aliments peu nutritifs et en augmentant les exercices physiques. Plusieurs des répondantes qui avaient choisi de diminuer leur consommation d'aliments pour perdre du poids ont indiqué qu'elles

food they eat in order to lose weight said they will skip one or two meals a day, or not eat for a day or a week at a time, rather than simply cut down at each regular meal and not eat between meals.

Young women wrote more about themselves and their diets than they did about anything else. Although they appear to be quite sophisticated in their knowledge of healthy foods and the importance of exercise, there was a general lack of understanding with regard to the dangers of starvation. Only a few recognized the unhealthiness of their diet, and there was no indication that any of the young women who were concerned about their weight had come to accept their body shape and size as they were rather than continuing the struggle to conform to the stereotype of the "perfect" female body.

se sont abstenues d'un ou de deux repas par jour ou qu'elles ont cessé de manger pendant une journée ou une semaine à la fois plutôt que diminuer le montant de nourriture à chaque repas ou cesser de manger entre les repas.

Les jeunes femmes avaient plus à témoigner sur elles-mêmes et leur régime alimentaire que sur tout autre sujet. Même si elles donnent l'impression de bien connaître les aliments sains et l'importance de l'exercice physique, elles semblaient généralement ignorer les dangers reliés au fait de se priver de nourriture. Seules quelques-unes parmi elles ont avoué qu'elles avaient un régime malsain et en général il n'y avait aucune indication que toutes celles qui étaient préoccupées par leur poids en étaient arrivées à accepter le poids et la taille de leur corps tel quel plutôt qu'à continuer de lutter pour se conformer au stéréotype d'un corps féminin "parfait".



Images

I close my eyes,
conjuring up some beautiful
image ... an image
created by love.
Deeper and deeper I search,
pondering what is real
and what is fictitious.
Your power over me
grows stronger and more
demanding ... Searching,
thrashing through recklessly,
ignoring screams of protests.
A swelling feeling seeps
to the surface.
Forgotten thoughts rehashed.
The deep gashes becoming
unstitched to bleed once more.
Noooo ...
I open my eyes.

Debbi-Lynn Bradbury
Greenwood

What Young Women said about...
SUBSTANCE USE

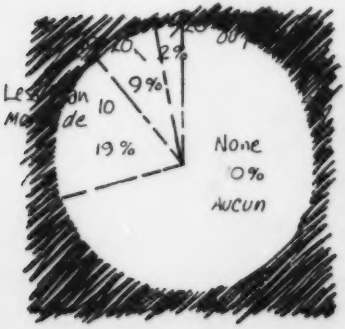
Seventy per cent of the young women surveyed do not smoke, and most of those who do smoke, smoke less than 10 cigarettes a day.

Alcohol is still by far the substance most used by the young women in the study. Two-thirds of these young women use alcohol regularly; almost half of them drink once a month. There was a weak relationship between the frequency and the amount of young women's alcohol use; in general, those who drink more, do it more often. Those who use alcohol several times a week are more likely to say they do not know how many drinks they have at one time.

Les jeunes femmes s'expriment :
LA CIGARETTE, LES DROGUES ET L'ALCOOL

Soixante-dix pour cent des répondantes ne fument pas et la plupart de celles qui fument consomment moins de dix cigarettes par jour.

L'alcool est de loin la substance la plus utilisée par les jeunes femmes questionnées. Deux tiers parmi elles consomment de l'alcool sur une base régulière tandis que la moitié en consomment une fois par mois. Il existait un faible rapport entre la fréquence de la consommation et le montant consommé. Généralement celles qui en consomment plus, en consomment plus souvent. Celles qui avouent prendre de l'alcool plusieurs fois par semaine sont plus aptes à ne pas savoir combien de verres elles consomment chaque fois.

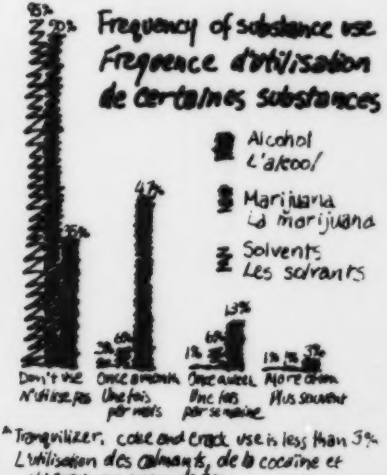


Number of cigarettes smoked per day

Consommation de cigarettes par jour

Marijuana and solvents (glue) are the next most frequently used substances, with 10% of young women using marijuana and 5% using solvents. The majority of those who do use these substances do so an average of once a month. There is a moderate relationship between the amount of alcohol used and the amount of marijuana used. Those young women who do not drink alcohol also do not use marijuana (99%), while those who use alcohol most frequently are the most likely to use marijuana. Those who are the most frequent users of alcohol are also the most likely to use coke and crack.

La marijuana et les solvants (les colles) se situent après l'alcool. Dix pour cent des jeunes femmes consomment de la marijuana et 5 pour cent ont recours aux solvants. La majorité de celles qui utilisent ces substances le font en moyenne une fois par mois. Il existe un rapport modéré entre les montants d'alcool et les montants de marijuana consommés. Les jeunes femmes qui ne consomment pas d'alcool ne consomment pas non plus de marijuana (99 pour cent) tandis que celles qui utilisent l'alcool sont plus sujettes à avoir recours à la marijuana. Plus elles utilisent l'alcool sur une base régulière, plus elles sont aptes à avoir recours à la cocaïne et au crack.



Mommy

Mommy, oh Mommy, please don't drink anymore,
I am tired of hiding behind my bedroom door,
I feel so alone and tired you see,
Please tell me your drinking is not caused by me.

Mommy, oh Mommy, please tell me you care,
I forgive you because you're not always here.
Sometimes I wish I could just be free from
all of this drinking that is torturing me.

Mommy, oh Mommy, please don't get mad,
I try to be good, but sometimes I'm bad,
I love you Mommy please know that I do,
Please go to AA and I will share this problem with you.

Mommy, oh Mommy, please don't drink anymore,
For I'm still a child Mommy and can't face this alone,
If you keep on drinking my heart will surely turn to stone,
I'm not as strong as I was before,
But I'm learning because of this illness I can't close the door,
To your heart and my heart and the love that we share
will carry us through this time of despair.

Marsha Walsh
Sheet Harbour

Tomboy

Samantha had always been considered a tomboy. On her very first day of school, dressed in a frilly little yellow dress, she left the other girls to their skipping and joined the boys in the sandbox and it remained that way. She took more of an interest in sports and cars than in flowers and kittens. This was okay in Primary where everybody just had fun doing what they liked, but as she grew older, especially now in junior high, she was subject to many remarks about being a tomboy or even a flirt. In elementary school Sam was on all the co-ed teams. Now there were boys' and girls' teams. Sam was the star of the girls' team; she practically was the team since no one else took it seriously. Sam longed to be on the boys' highly competitive team but the coach only considered her a weak little girl who wouldn't be able to hack it with his strong team. Sam though that she was a complete reject. The girls snubbed her and the boys didn't include her because she wasn't one of the guys. She often thought her life would have been better if she had been born a boy.

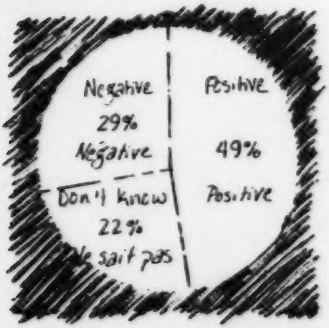
Nancy MacKay
Stewiacke

What Young Women said about...
FEMINISM

A feminist is an intelligent woman of the 90's who believes she can do or accomplish anything a man can do. A strong willed woman who knows men and women are equal.

- Grade 10 student

Students' definitions of a feminist covered the widest possible range of ideas, with many strong feelings in both negative and positive approaches. Almost half of the young women provided us with a primarily positive definition, involving one or more of the concepts of women's rights, equality-seeking, and independence. Twenty-nine per cent provided us with primarily negative definitions, and 22% said they did not know or gave no answer.



Definitions of Feminism
Définitions du féminisme

Les jeunes femmes s'expriment :
LE FÉMINISME

Une féministe est une femme intelligente des années '90 qui croit pouvoir accomplir tout ce qu'un homme peut faire. Elle a une grande force de caractère et elle sait que les hommes et les femmes sont égaux.

Étudiante de 10e année

Les définitions de féminisme offertes par les étudiantes englobaient une gamme d'idées très diverses. Il y eut de très fortes opinions exprimées, prenant des tournures tantôt positives, tantôt négatives. Près de la moitié des jeunes femmes ont proposé une définition foncièrement positive qui intégrait au moins un concept relié aux droits de la femme, à la lutte pour l'égalité ou à l'indépendance. Vingt-neuf pour cent ont fourni une définition plutôt négative et 22 pour cent n'ont pas donné de réponse ou ont dit qu'elles ne connaissaient pas une définition.

Some young women provided us with a positive definition but followed it with an assertion that men and women *are* fundamentally different in abilities, interests, or temperament. Others felt that feminists were demanding "extra" rights or pushing the pursuit of equality "too far." Still others equated feminism with female chauvinism, lesbian images (mostly negative), or a combination of "feminist" and "feminine" elements.

We have included at the top of this section our favourite definition of a feminist written by a young women who completed the survey. It's also the one we think is the most accurate!

Quelques-unes des jeunes femmes ont proposé une définition positive mais elles y ont ajouté que les hommes et les femmes sont foncièrement différents au niveau des habiletés, des intérêts et du tempérament. D'autres étaient de l'avis que les féministes demandaient trop de droits "supplémentaires" ou poussaient "trop loin" leur lutte pour obtenir l'égalité. D'autres encore identifiaient le féminisme à un sexisme féminin, à des images de lesbiennes (plutôt négatives) ou à un ensemble d'éléments "féministes" et "féminins".

Nous avons repris au haut de cette section notre définition préférée d'une féministe écrite par une des répondantes. Nous pensons également qu'il s'agit de la définition la plus juste!

Definitions of Feminism	
Women's Rights	20%
Equality Seeking	22%
Liberated, Independent	7%
Total Positive	**49%**
Outspoken, Opinionated	2%
Discriminates against Men	5%
Radical	3%
Traditional, Feminine	10%
Other	9%
Total Negative	**29%**
Don't Know	8%
No Answer	14%
Total Don't Know or No Answer	**22%**

Définitions du féminisme	
Droits de la femme	*20%*
Lutte pour obtenir l'égalité	*22%*
Libération, indépendance	*7%*
Total des réponses positive	***49%***
Critique, opiniâtre	*2%*
Discrimination contre les hommes	*5%*
Radicale	*3%*
Traditionnel, "Féminin"	*10%*
Autre	*9%*
Total des réponses négatives	***29%***
Ne sait pas	*8%*
Sans réponse	*14%*
Total Ne sait pas et Sans réponse	***22%***

The Voice

No more chains,
we break free.
No more lonely
black eye—black heart nights of sorrow.
No more fear, tortured screams in the dead of night,
black shadows taunting us,
or darkened paths along a quiet river
whispering betrayal.
No more excuses,
the "you're only a woman"
of yesterday's all-male domineering society.
Never again will we be afraid to speak out.
Please,
Give us freedom,
Or we will not give you peace.

Amy Jones
Halifax

The streets enclose around me,
My heart it beats like thunder.
The lights, they shed no hope at all,
A shadow out stretches the lamp he stands under.

To give up would be stupid,
To give in no good of my judgement
I will put up a fight,
For a woman I am,
And I will not give up under that light.
  I do not know ...
  if he was kind.
And I still wonder ...
  if he meant harm.
For it is a sorrow in this land,
That woman cannot trust her fellow man.

Candice Croft
LaHave

Sisterlove

Fearfully touched
Her slightly prosaic lips part.
Beautiful brown-eyed girl
I rinse the taste of soap from your tongue
with hands and shameful tears.

Please don't hate my wrists and soul.
I love you true
Like so many blue-colored boys before you.

I am terrified by your skin like paper
by my mind which betrays my chastity.
Please understand:

I would love your brother:
It would not be the same.

Emily Vey Duke
Halifax

YOUNG WOMEN'S WELL-BEING RESOURCE LIST

The following is a list of programs and services you might want or need to use. Look in the Subject Index for the resources you are interested in, then find the services listed alphabetically under the Resource List.

We have tried to make this list as accurate as possible. If you have trouble reaching a number, or if you know of any resource for young women that we have left out, please let us know so we can update our files before our next printing of this Resource list.

SUBJECT INDEX

ABORTION/ABORTION INFORMATION (see also **PREGNANCY**)
Abortion Information Referral Service (AIRS)
Halifax Morgentaler Clinic
Planned Parenthood Association of N.S.
The Red Door

ADOPTION (see also **PREGNANCY**)
Bethany Home for Unmarried Mothers
Community Services, Family and Children's Services Division
Home of the Guardian Angel

AIDS
AIDS Nova Scotia
Glace Bay General Hospital–Wellness Movement
INFORM-AIDS
Persons With AIDS Coalition
Stepping Stone
The Red Door

ALCOHOL COUNSELLING/ TREATMENT
Alateen
Choices Program–Nova Scotia Commission on Drug Dependency
The Red Door

CULTURAL AWARENESS
Cultural Awareness Youth Group (CAYG)
Micmac Native Friendship Centre

DAY CARE
Brunswick Street United Church Emergency Daycare
Community Services, Family and Children's Services Division

DISABILITY
Canadian Association for Community Living

DISCRIMINATION
Cultural Awareness Youth Group(CAYG)
Gay and Lesbian Association of N. S.
Nova Scotia Human Rights Commission

DRUG COUNSELLING/TREATMENT
Choices Program–Nova Scotia Commission on Drug Dependency
Second Story Women's Centre
The Red Door

EMPLOYMENT
A.M.U.S.T. for Youth Outreach
Job Generation
Micmac Native Friendship Centre Outreach
YES Canada
Young Adult Employment Outreach Program

HELP LINES
Cobequid Region Help Line
Help Line (Halifax)
Kids Help Phone
Pictou County Help Line
Strait-Richmond-Inverness Area Help Line
Youth Help Line

INFORMATION PHONE LINES
Abortion Information Referral Service (AIRS)
Alateen
Gay Line
INFORM-AIDS
Lavender Connection

LAW
A.M.U.S.T. For Youth Outreach
Crisis Intervenors
Stepping Stone
Youth Alternative Society

LESBIAN SUPPORT
Acadia University Women's Centre
Gay and Lesbian Association of N.S. (GALA)
Gays and Lesbians at Dalhousie (GLAD)
Gay Line
Lavender Connection
Pictou County Women's Centre
Support for Lesbian, Gay and Bisexual Youth
The Red Door

MENTAL HEALTH
Canadian Association for Community Living
Child and Adolescent Outpatient Clinic–Cape Breton Hospital
Health and Fitness–Mental Health Services
The Red Door
Self Help Connection

PREGNANCY (see also **ABORTION, ADOPTION, SEXUALITY/ HEALTH COUNSELLING**)
Bethany Home for Unmarried Mothers
Cape Breton Family Planning Association
Cumberland County Family Planning Association
Home of the Guardian Angel
Metro Area Family Planning Clinic
Parkdale House
Pictou County Women's Centre
Planned Parenthood Association of N.S.
The Red Door

PROSTITUTE SUPPORT
Stepping Stone

RAPE (see **SEXUAL ASSAULT**)

RESIDENTIAL FACILITIES (see also **TRANSITION HOUSES**)
Adsum House
Phoenix House

SEXUAL ASSAULT
Cumberland County Transition House Association
Juniper House
Second Story Women's Centre
Service for Sexual Assault Victims
Tearmann Society
The Red Door

SEXUALITY/HEALTH COUNSELLING
Cape Breton Family Planning Association
Cumberland County Family Planning Association
Glace Bay General Hospital–Wellness Movement
Metro Area Family Planning Clinic
Pictou County Women's Centre
Planned Parenthood Association of N.S.
The Red Door
Second Story Women's Centre
Sexuality Education Resource Nurses' Service (Department of Health and Fitness)

SHELTERS (see **RESIDENTIAL FACILITIES, TRANSITION HOUSES**)

SINGLE PARENTS
Cape Breton Family Planning Association
Career Planning for Single Parents Program (Dept. of Community Services)
Community Services, Family and Children's Services Division
Family Service Association
Family SOS
Parent Resource Centre
Second Story Women's Centre
Single Parent Centre

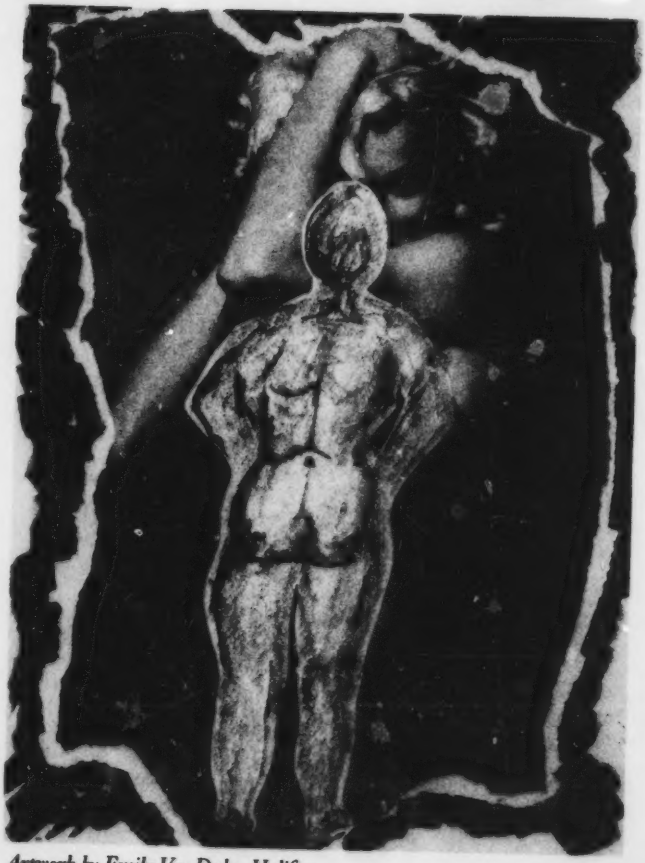
STREET KIDS
Operation Go-Home
Stepping Stone

SUPPORT GROUPS
Acadian Open Peer Support Service
Alateen
Crises Intervenors
Eating Disorders Group
Self Help Connection
Single Parent Centre

TRANSITION HOUSES (see also **RESIDENTIAL FACILITIES**)
Bryony House
Chrysalis House
Cumberland County Transition House Association
Harbour House
Juniper House
Naomi Society
Tearmann Society
Third Place Transition House Association

WOMEN'S CENTRES
Acadia University Women's Centre
Antigonish Women's Resource Centre
Pictou County Women's Centre
Second Story Women's Centre

YOUTH
Operation Go-Home
Youth Secretariat



Artwork by Emily Vey Duke, Halifax

GUIDE TO RESOURCES IN NOVA SCOTIA

ABORTION INFORMATION REFERRAL SERVICE (AIRS)
P.O. Box 101, Station M — 422-4123
Halifax, Nova Scotia B3J 2L4

Hours: 24 hours (recorded message and answering machine)

The AIRS line gives a three-minute message about abortion services in Nova Scotia with the option of leaving a message. Offers counselling, information, and referral services on all options dealing with an unwanted pregnancy. All messages are returned in strict confidence by a supportive AIRS volunteer.

ACADIA OPEN PEER SUPPORT SERVICE
Student Union Building — 542-2287 ext. 142
Room 503
Acadia University
Wolfville, Nova Scotia B0P 1X0

Operates September–April, hours vary

Offers counselling, referrals, information, peer support, and resources to anyone needing help or support. Confidentiality ensured.

ACADIA UNIVERSITY WOMEN'S CENTRE
Student Union Building — 542-2287 ext. 140
Acadia University
Wolfville, Nova Scotia B0P 1X0

Operates September–April, hours vary

Offers counselling, referrals, and information on women's issues including pregnancy, sexuality, and sexual orientation. Drop-in support centre.

ADSUM HOUSE
2421 Brunswick Street — 423-4443
Halifax, Nova Scotia B3K 2Z4 — 429-4443

Hours: 24 hours a day, 365 days a year

An emergency shelter for homeless and transient women 16 years of age and over. The only criteria for admission are that there be no drugs or alcohol in the woman's system. Children and youth under the age of 16 will be taken if accompanied by an adult. Adsum

offers nutritious meals, emergency clothing, advocacy, counselling, referrals, nutrition and budget counselling, and child care services.

AIDS NOVA SCOTIA
5224 Blowers Street
Halifax, Nova Scotia
B3J 1J7
425-4882 or 425-2437 (office)
1-425-2437 INFORM-AIDS (toll-free)

Hours: Monday–Friday 9:00 am–5:00 pm (office)/Tuesday–Friday 5:00 pm–8:00 pm

Staffed by volunteers. Offers telephone or in-person counselling, support, or referral to women with AIDS.

ALATEEN (Halifax) 466-7077
(toll-free number for meeting information outside Metro Halifax) 1-800-443-4525

An organization of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen is based on the 12 steps of Alcoholics Anonymous.

A.M.U.S.T. (A MANAGEMENT UNEMPLOYMENT SKILLS AND TRAINING PROGRAM) FOR YOUTH OUTREACH
2nd Floor
3 Commercial Street
Glace Bay, Nova Scotia B1A 3B9
849-1281

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides employment searches, interviews, and resumé writing workshops. Open to youth ages 16–24 who are out of school. Also helps women who are in conflict with the law find employment.

ANTIGONISH WOMEN'S RESOURCE CENTRE
Suite 204 B, Kirk Place
219 Main Street
Antigonish, Nova Scotia B2G 2C1
863-6221

Provides support and information on women's issues. Houses a comprehensive collection of materials in the resource centre.

BETHANY HOME FOR UNMARRIED MOTHERS
980 Tower Road 422-5900
Halifax, Nova Scotia B3H 2Y4

Hours: 8:00 am–4:00 pm, Monday–Friday

Bethany Home provides a residential maternity program for single women with a pre-natal and post-natal component. It also provides overnight accommodation for people visiting hospitalized family members. The charge is $15/day for bed and breakfast (if possible). Counselling and children's aid are also available. Staff offer non-residential outreach programs for mothers and babies including support services and parenting classes. Bethany Home is adoption supportive.

BRUNSWICK STREET UNITED CHURCH EMERGENCY DAYCARE
2107 Brunswick Street 423-4605
Halifax, Nova Scotia B3K 2Y4

Hours: 8:30 am–4:30 pm, Monday–Friday

For anyone who needs a safe place to leave their child while they keep appointments, go shopping, attend a class, or if need be, rest. Volunteers from a local church staff the centre. One day's notice is required. This is only an emergency service, not a babysitting service, and patrons must provide diapers and lunch if possible.

BRYONY HOUSE
P.O. Box 3453 422-7650 (crisis)
Halifax, Nova Scotia B3J 3J1 423-7183 (office)

Hours: 24 hours a day, 365 days a year

An emergency shelter for emotionally and/or physically battered women and their children. Bryony House offers counselling, programs for residents, referrals to community agencies, and support groups with former residents.

CANADIAN ASSOCIATION FOR COMMUNITY LIVING
2773 Robie Street 454-4927
Halifax, Nova Scotia B3K 4P1

Hours: 8:30 am–4:00 pm, Monday–Friday

A voluntary, non-profit organization devoted to improving the lives of individuals who are challenged by a mental handicap. Provides the following services to adolescents: extend-a-family, extend-a-friend, youth involvement program, family support program, employment outreach, and citizen advocacy program.

CAPE BRETON FAMILY PLANNING ASSOCIATION
106 Townsend Street, Office #8 539-5158
P.O. Box 1598
Sydney, Nova Scotia B1P 6R8

Hours: 9:00 am–5:00 pm (usually), Monday–Friday

Offers support and counselling on drug rehabilitation, birth control and sexuality, and programs for single teen mothers. Provides non-judgemental information, support, and referrals on issues relating to pregnancy.

CAREER PLANNING FOR SINGLE PARENTS PROGRAM
Department of Community Services 424-4150
P.O. Box 696
Halifax, Nova Scotia B3J 2T7

Hours: 8:30 am–4:30 pm, Monday–Friday

A program for single parents who receive Family Benefits. It provides career and employment counselling to help single parents develop the skills necessary to enter or re-enter the job market. Those eligible are offered vocational assessment, career counselling, information and referrals, financial assistance, job search training, and follow-up and support.

CHILD AND ADOLESCENT OUTPATIENT CLINIC
Cape Breton Hospital 539-3370
Sydney, Nova Scotia

Hours: 9:00 am–5:00 pm, Monday–Friday

Offers counselling and referrals for individuals under 19. Provides comprehensive mental health services in an individual, family, or group environment. Self-referrals accepted.

CHOICES PROGRAM
Nova Scotia Commission on Drug Dependency
5938 University Avenue 424-4422
Halifax, Nova Scotia B3H 1V9

A specialized centre offering treatment and education for youth ages 14-18 who have a history of harmful involvement with alcohol and/or drugs. *Choices* includes assessments to determine the severity of the problem; outpatient services throughout the province; 12-week day program in Halifax; 16-week inpatient program; follow-up services.

CHRYSALIS HOUSE
P.O. Box 356
Kentville, Nova Scotia B4N 3X1

582-7955 (office)
582-7877 (crisis)

Hours: 24 hours a day, 365 days a year

Chrysalis House is a 24-hour emergency shelter for women and their children experiencing physical, emotional, or sexual abuse. Provides advocacy and drop-in support services for young women experiencing abuse or assault. Must be 16 years or older for admittance. Call collect if necessary.

COBEQUID REGION HELP LINE 893-3333
Hours: 11:00 am - 11:00 pm daily

Provides information, support and referals.

COMMUNITY SERVICES, DEPARTMENT OF
P.O. Box 696
Halifax, Nova Scotia B3J 2T7

Hours: 8:30 am–4:30 pm, Monday–Friday

The Nova Scotia Department of Community Services offers a wide array of social services including day care information, adoption, family benefits, and educational and vocational training for single parents. Call your regional office for further information.

Halifax Regional Office	424-4151
Family Benefits Division	424-4261
Family and Children's Services	424-4279
Annapolis District Office, Annapolis Royal	532-2337
Antigonish District Office	863-3213
Cape Breton Regional Office, Sydney	563-3300
Central Regional Office, Truro	895-6337
Cumberland District Office, Amherst	667-3336
Dartmouth District Office	424-3298
Digby District Office	245-5811
Guysborough District Office	533-4007
Hants District Office, Windsor	798-8319
Lunenburg District Office, Bridgewater	543-2411
New Waterford Sub-Office	862-6289
North Shore Regional Office, New Glasgow	755-5950
Port Hawkesbury District Office	625-0660

Sackville District Office	865-5750
Shelburne District Office, Barrington	637-2335
South Shore District Office, Lunenburg	354-3422
Valley Region Office, Kentville	678-6176
Western Regional Office, Yarmouth	742-7871

CRISIS INTERVENERS
Pictou County

Hours: 9:00 am–4:00 am, 365 days a year

Contact a Pictou County Police Department and ask for the crisis intervener. Provides support counselling, referrals, and information for any person who may be a victim or witness in the court process. This service will help clarify problems, develop possible solutions, and offer additional services as necessary.

CULTURAL AWARENESS YOUTH GROUP (CAYG)
2342 Longard Plaza 425-0287
Halifax, Nova Scotia B3K 5K6

Hours: 8:30 am–4:00 pm, Monday–Friday

The Cultural Awareness Youth Group of Nova Scotia (CAYG) is an independent, non-profit society, founded in 1983 to foster the educational and cultural development of Black youth in the Halifax/Dartmouth/Sackville area. The Youth Group is made up of (1) an Adult Community Board (responsible for overseeing the financial aspects of the society); (2) a Youth Group Council (made up of youth representatives from a variety of school and community cultural awareness groups); (3) and member School and Community Youth Groups (from various schools and black communities in the local area). The Society uses Black Culture as the chief mechanism for its activities. Its motto is "Community development, through youth education."

CUMBERLAND COUNTY FAMILY PLANNING ASSOCIATION
16 Church Street, 1st Floor 667-7500
P.O. Box 661
Amherst, Nova Scotia B4H 4B8

Hours: Monday, Wednesday, Friday 9:00 am–1:00 pm
Tuesday and Thursday 9:00 am–5:00 pm

Provides services in reproductive and sexuality-related issues. Birth control, reproductive health, and unintended pregnancy counselling. Emphasis on teen pregnancy prevention. Telephone device for the deaf (TDD) service available.

CUMBERLAND COUNTY TRANSITION HOUSE ASSOCIATION

P.O. Box 1141 667-1200 (crisis)
Amherst, Nova Scotia B4H 4L2 667-1344 (office)

Hours: 24 hours a day, 365 days a year.

An emergency shelter for women experiencing emotional, physical, and/or sexual abuse. Offers on-going programs for teenagers including programs for teenagers of mothers who have been abused; peer support from trained volunteers in dealing with teen battering; and individual counselling for dating abuse. Has a peer education program for teen battering.

EATING DISORDERS GROUP

Meetings held in Halifax 423-0360

Provides information and support to women in group format on all forms of eating disorders including anorexia, bulimia, laxative abuse, over-exercise, and body image problems.

FAMILY SERVICE ASSOCIATION

Halifax	420-1980
Spryfield	479-1111
Dartmouth	424-7430
Sackville	865-5750
Cole Harbour	435-7472

Hours: 8:30 am–4:30 pm, Monday–Friday, or by appointment

Concerned with the promotion of sound family life and interpersonal relationships. Provides individual counselling; coping with separation and divorce; couple, family, and group counselling; communication skills; assertiveness training; and stress management. Fees are in accordance with ability to pay. Open to individuals 14 and over.

FAMILY SOS

2773 Robie Street 420-1323
Suite 103
Halifax, Nova Scotia B3K 4P1

Hours: 9:00 am–4:30 pm, Monday–Friday, after hours via HELP LINE

A parent aid/support service employing lay therapists. Provides in-home visits weekly to assist any parent in a stressful or difficult situation. Self-referrals accepted. Serves the Halifax/Dartmouth area.

GAY AND LESBIAN ASSOCIATION OF NOVA SCOTIA (GALA)
P.O. Box 7126, Halifax North 423-2292
Halifax, Nova Scotia B3K 5J5

A non-profit and social organization serving the gay and lesbian community of Nova Scotia. It works to combat discrimination against homosexuals and assists individual lesbians and gay men. Provides the Gay Line service, newsletters, and speakers to classes and organizations upon request.

GAYS AND LESBIANS AT DALHOUSIE (GLAD)
c/o Dalhousie Student Union Building 494-2140
6136 University Avenue (Student Union Building)
Halifax, Nova Scotia B3H 4J2

Support group focusing on campus issues.

GAY LINE
Hours: 7:00 pm–10:00 pm, Thursday–Saturday 423-7129

Provides information, referral, and lay counselling.

GLACE BAY GENERAL HOSPITAL–WELLNESS MOVEMENT
300 South Street 849-5511 (hospital)
Glace Bay, Nova Scotia B1A 1W5 842-2808 (Wellness Movement)

Hours: 8:00 am–4:00 pm, Monday to Friday

Offers counselling, referral, and on-site medical service on all health-related issues. Services include information on sexually transmitted diseases, AIDS, and premenstrual syndrome.

HALIFAX MORGENTALER CLINIC
5730 McCully Street 455-9865
Halifax, Nova Scotia B3K 1R3

Hours: 9:00 am–5:00 pm, Monday–Friday, with after-hours answering machine

Provides abortion services in a supportive environment. Contraceptive counselling by appointment. Information and referral on all options related to an unwanted pregnancy. Fees vary. No age limitation, and parental consent not required.

HARBOUR HOUSE

P.O. Box 355
Bridgewater, Nova Scotia B4V 2W9

543-3665 (office)
543-3999 (crisis)

Hours: 24 hours a day, 365 days a year

A women's emergency shelter, which offers support, crisis intervention, information, and referrals. A children's counsellor provides information and support on sexual assault, date rape, and family violence. Wheelchair accessible. Women must be over 16 for admittance.

HELP LINE

Coburg Road at Oxford Street
Halifax, Nova Scotia B3H 3J5

421-1188 (crisis, voice, and TDD)
422-2048 (administration)

Hours: 24 hours, 365 days a year

A lay counselling, information, and referral service by telephone. Community volunteers participate in an extensive training program, which enables them to be effective listeners and to provide assistance in situations presented by callers. Information on hundreds of community agencies is available. Help Line provides a message relay service to the deaf community of Metro. Also operates a Youth Help Line.

HOME OF THE GUARDIAN ANGEL

6345 Coburg Road
Halifax, Nova Scotia
B3H 2A4

422-7964/422-7548 (office)
422-8664 (residence)
479-3031 (Single Parent Centre)
479-0508 (pre-natal classes)

Hours: 9:00 am–4:30 pm, Monday to Friday (office)

Provides a residence for single mothers, an adoption agency, tutors for those who wish to keep up with their studies, counselling, and a Single Parent Centre located in Spryfield. The services include counselling by social workers or nurses, adoption services, a nursery for post-hospital stay, and post-adoptive services for birth, adoptive, and adopted individuals.

INFORM-AIDS

1-425-2437 (toll-free)

A 24-hour telephone line that provides factual information about AIDS and HIV.

JOB GENERATION
2020 Gottingen Street 421-1825
Halifax, Nova Scotia B3K 3A9

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides employment assistance to individuals ages 16-30 with a grade 12 education or less. Offers life skills and job search assistance as part of a 16-week pre-employment training program. Participants are paid $10/day in class (8 weeks) and minimum wage for the subsequent 8-week work placement.

JUNIPER HOUSE
P.O. Box 842 742-8689 (crisis)
Yarmouth, Nova Scotia B5A 4K5 742-4473 (office)

Hours: 24 hours a day, 365 days a year

An emergency shelter for women who have been physically, emotionally, and/or sexually battered. Offers counselling, programs, and referrals to community agencies. Provides information and referral on sexual assault.

KIDS HELP PHONE
P.O. Box 513 1-800-668-6868 (toll-free)
Suite 100 (416)921-7827 (administration)
2 Bloor Street West
Toronto, Ontario M4W 3E2

Hours: 24 hours a day, 365 days a year.

Provides short-term crisis intervention and counselling to youth. Links caller to available resources in residing community.

LAVENDER CONNECTION
Halifax 454-2564

Womyn's information line on community events. Listing of community groups also available.

MENTAL HEALTH SERVICES
Department of Health and Fitness 424-4232
P.O. Box 488
Halifax, Nova Scotia B3J 2R8

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides information about mental health services throughout Nova Scotia.

METRO AREA FAMILY PLANNING CLINIC
5541 Russell Street 455-9656
Halifax, Nova Scotia B3K 1X1

Hours: Monday–Friday 8:30 am–4:30 pm, Thursday 6:30 pm–8:00 pm

Provides clinic services for birth control, sexually transmitted diseases, breast exams, and pregnancy testing. Also provides information, education, research library, and outreach education services in the area of sexuality, contraception, and unintended pregnancy.

MICMAC NATIVE FRIENDSHIP CENTRE
2158 Gottingen Street 420-1576
Halifax, Nova Scotia B3K 3B4

Hours: 9:00 am–5:00 pm, Monday–Friday

The Micmac Native Friendship Centre provides a community centre for Native people residing in or relocating to the Halifax/Dartmouth area. Serves as a halfway house for Native people released from correctional institutions or from area hospitals. The centre also provides a hostel for transients. Programs include employment counselling, court worker services, cultural awareness and interpretation services, alcohol and drug counselling, and hospital liaison. The Friendship Centre does not provide programs specifically for adolescents, but staff will assist anyone who calls.

NAOMI SOCIETY
220 Main Street, Suite 201 863-3807 (office)
Antigonish, Nova Scotia B2G 2C2 863-2852 (crisis)

Hours: 8:30 am–4:30 pm, Monday–Friday and a 24-hour answering service with volunteers on call after hours.

Provides a safe house for abused women. Offers support, information, advocacy, and referrals for women in abusive situations. Child care worker for children of abused mothers.

NOVA SCOTIA HUMAN RIGHTS COMMISSION
7th Floor, Lord Nelson Arcade Halifax 424-4111
5675 Spring Garden Road Regional offices: Sydney 563-2140
P.O. Box 2221 New Glasgow 752-3086
Halifax, Nova Scotia B3J 3C4 Digby 245-4791

Hours: 8:30 am–4:30 pm, Monday–Friday

Administers and enforces the Nova Scotia Human Rights Act, which prohibits discrimination in employment, accommodations, services, facilities, housing occupancy, property

rights, membership in professional, business, or trade associations, or volunteer organizations performing public services on the bases of race, colour, creed, religion, ethnicity, nationality, sex, physical disability, mentality, age, sexual orientation, or marital status. Individuals so discriminated against can call the Commission and file a complaint. The Commission also deals with allegations of sexual harassment.

OPERATION GO-HOME
Ground Level
Scotia Square
Halifax, Nova Scotia
1-800-668-4663(HOME)
toll free

Hours: 24 hours a day, 365 days a year

Helps re-unite street kids aged 16-18 with their families.

PARENT RESOURCE CENTRES
2465 Gottingen Street
Halifax, Nova Scotia B3K 3A3
492-0133

Hours: Summer 9:00 am–4:00 pm; Winter 9:00 am–5:00 pm, Monday–Friday

Drop-in centre with programs for both parents and children.

47 Wentworth Street
Dartmouth, Nova Scotia
B2Y 1T1
464-2203

Hours: 8:30 am–4:00 pm, Monday–Friday

A place to meet other parents, to become involved in the programs offered, or just have chat and a cup of coffee. A place where parents support parents.

PARKDALE HOUSE
47 Bing Avenue
Sydney, Nova Scotia B1P 5B9
562-5827

Hours: 24 hours a day, 365 days a year

A nine-bed maternity home serving adolescent women under the age of 20. Parent or guardian's consent is required for adolescents under the age of 16. Self-referrals accepted. Also offers a referral service.

PHOENIX HOUSE
P.O. Box 1211 North 420-0676
Halifax, Nova Scotia B3K 4H5

Hours: 24 hours a day, 365 days a year

A long-term residential facility for homeless youth ages 16-24 who are willing to set goals and make positive changes in their lives. The youth must undergo an assessment before admission. This is not an emergency shelter. A follow-up program is available to youth who leave the facility.

PICTOU COUNTY HELP LINE 752-5952
Hours: Noon - midnight daily

Provides information, support and referrals.

PICTOU COUNTY WOMEN'S CENTRE
169 Provost Street 755-4647 or 752-2233
Maritime Building, 6th Floor
P.O. Box 964
New Glasgow, Nova Scotia B2H 5K7

Hours: 9:00 am–4:00 pm, Monday–Friday with answering machine after hours

Offers comprehensive counselling and referral services on issues dealing with reproductive health and sexuality, including abortion, birth control, childbirth education, AIDS, sexually transmitted diseases, pregnancy, and sexual orientation. Also provides advocacy for legal matters, mental health issues, and social services.

PLANNED PARENTHOOD ASSOCIATION OF NOVA SCOTIA
Suite 536, 1657 Barrington Street 492-0444
Halifax, Nova Scotia B3K 5H4

Hours: 10:00 am–5:00 pm, Monday–Friday with answering machine after hours

Provides information, referral, and counselling on all aspects of reproductive health including birth control, abortion, pregnancy, and sexuality. Has a resource library open to the public.

PERSONS WITH AIDS COALITION
2093 Gottingen Street 429-7922
P.O. Box 1374, Station North
Halifax, Nova Scotia B3K 5H7

Hours: 9:00 am–5:00 pm Monday–Friday, or by appointment

Offers information and counselling by a person living with AIDS or who is HIV positive. Support group for couples where one or both individuals are infected. Information and support on women and AIDS.

SECOND STORY WOMEN'S CENTRE
99 York Street 543-1315
Bridgewater, Nova Scotia B4V 1R2

Hours: 10:00 am–4:30 pm, Monday–Friday, or by appointment, with after-hours answering machine

Provides peer counselling, information, and referral on young women's issues, including sexuality, sexual assault, incest, and drug education. Distributes resource kits on date rape.

SELF HELP CONNECTION
1469 Lower Water Street 422-5831
Halifax, Nova Scotia B3J 2R9

Hours: 8:30 am–4:30 pm, Monday–Friday

A program for self-help resource development. Concerned with assisting individuals to define and meet their health needs in a supportive environment. Provides information and assistance to self-help groups.

SERVICE FOR SEXUAL ASSAULT VICTIMS
6450 Young Street 455-4240 (office)
Halifax, Nova Scotia 425-0122 (crisis) B3L 2A3

Hours: 8:30 am–4:30 pm, Monday–Friday (office) and 24-hour crisis answering service

Provides short-term crisis intervention through peer support. Offers crisis intervention services on a 24-hour basis; intervention for female victims of sexual assault; emotional support and options for help; support for victims' friends/relatives; consultation to community services; public information and education; victim self-help groups; and groups for parents of sexually abused children. Serves individuals age 16 and older.

SEXUALITY EDUCATION RESOURCE NURSE'S SERVICE
Department of Health and Fitness
Community Health Nursing Services
6061 Young Street — 424-3963
Halifax, Nova Scotia B3K 2A3

46 Portland Street, Suite 407 — 424-5460/424-5380
Dartmouth, Nova Scotia B2Y 1H4

3rd Floor, Sunnyside Place — 424-8100
1600 Bedford Highway
Bedford, Nova Scotia B4A 1E8

10 Kidston Road — 479-1111 local 123
Spryfield, Nova Scotia B3R 2J7

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides information and counselling on sexuality health issues including sexuality education, birth control, pregnancy, pre/post-natal care, and premenstrual syndrome. No age limit or parental consent required.

SINGLE PARENT CENTRE
3 Sylvia Avenue — 479-0508
Spryfield, Nova Scotia B3R 1J7

Hours: 9:00 am–4:00 pm, Monday–Friday

Offers counselling to adolescent mothers; pre-natal classes; parenting programs; child care while in class; human development and educational programs; pre-school sessions; advocacy work; 8-week program "baby-time"; "nobody's perfect" program for parents with toddlers; and a drop-in centre.

STEPPING STONE
2224 Maitland Street — 420-0103
Halifax, Nova Scotia B3K 2Z9

Hours: 9:00 am–4:30 pm, Monday–Friday with beeper service until midnight on Tuesday, Wednesday, and Thursday, and answering machine after hours

A street outreach program for women, men, and children who are either already working on the streets or who are at risk of becoming involved in street prostitution. Offers support, counselling, and referrals. Drop-in service for sandwiches and coffee three times a week at two locations in the "stroll" district. Provides information on upgrading and employment. Also provides court support and free condoms.

STRAIT-RICHMOND-INVERNESS AREA HELP LINE 625-4444

Hours: Friday, Saturday and Sunday: 6:00 pm - midnight.

Provides information, support and referrals.

SUPPORT FOR LESBIAN, GAY AND BISEXUAL YOUTH
Acadia University 542-2287 ext. 140 or 142
Wolfville, Nova Scotia B0P 1X0

Peer support provided by lesbians and gay youth on any issues of concern to lesbian, gay, or bisexual youth. Offers referrals, support, and information. Operated through the Acadia University Women's Centre and OPEN telephone line.

TEARMANN SOCIETY
P.O. Box 153 752-1633 (office)
New Glasgow, Nova Scotia B2H 5E2 752-0132 (crisis)

Hours: 24 hours a day, 365 days a year

Tearmann House is a shelter for women experiencing physical, emotional, and/or sexual battering. Offers counselling, support, referrals, advocacy, and shelter information. Individual counselling services for non-residents. Support for adolescents in an abusive home atmosphere. Must be 16 or over to be a resident.

THE RED DOOR
28 Webster Court 679-1411
Kentville, Nova Scotia B4N 1H7

Hours: drop-in Tuesday 7:00 pm–9:00 pm; Wednesday 2:00 pm–5:00 pm; Saturday 11:00 am–2:00 pm; or call and talk with the nurse

Provides on-site clinical services as well as support, information, counselling, advocacy, and referrals in a hassle-free and understanding way. Deals with issues of sexual health, sexuality, sexually transmitted diseases, AIDS, HIV testing, pregnancy, depression, sexual orientation, sexual abuse, and birth control. Open to individuals ages 13–30.

THIRD PLACE TRANSITION HOUSE ASSOCIATION
P.O. Box 1681 893-4844 (office)
Truro, Nova Scotia B2N 5Z5 893-3232 (crisis)

Hours: 24 hours a day, 365 days a year

Emergency shelter for women experiencing physical, emotional, and/or sexual abuse. Provides support counselling by phone or in person. Teen volunteer peer counselling group. Must be 16 or over to be a resident.

YES CANADA
1660 Hollis Street 420-1020
Suite 310
Halifax, Nova Scotia B3J 1V7

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides assistance in the areas of academic upgrading and pre-employment to youth ages 16-24 who have been out of school three months or more. Applicants must be un/under-employed.

YOUNG ADULT EMPLOYMENT OUTREACH PROGRAM
2156 Brunswick Street 421-7685
Room 103
Halifax, Nova Scotia B3K 2Y8

61 Prince Albert Road 421-2725
Dartmouth, Nova Scotia B2Y 1M1

Hours: 8:30 am–4:30 pm, Monday–Friday

Open to youth ages 15–24 who have grade 12 or less and have been out of school at least six months. Provides job readiness training, job-finding clubs, individual counselling, agency referrals, and pre-employment orientation to youth in the Halifax Metro area.

YOUTH SECRETARIAT
5th Floor, Dennis Building 424-6485
1740 Granville Street
Halifax, Nova Scotia B3J 1X5

Hours: 8:30 am–4:30 pm, Monday–Friday

Provides information and resource material on services available to young people in Nova Scotia. Also provides a referral service.

YOUTH HELP LINE
Coburg Road at Oxford Street
Halifax, Nova Scotia B3H 3J5
420-TEEN (420-8336)

Hours: 6:00 pm–10:00 pm nightly

Offers telephone peer counselling and referrals. After-hours calls forwarded to Help Line.

YOUTH ALTERNATIVE SOCIETY
P.O. Box 1473 North
Halifax, Nova Scotia B3K 5H7
424-5473

Hours: 8:30 am–4:30 pm, Monday–Friday

Trained volunteer mediators meet with young offenders and the victim of the offense in an attempt to resolve the problems caused by the offense. When the agreement is completed, the charge is withdrawn and there is no record of conviction. Community Service Order Program: if a youth is found guilty, the youth court establishes the number of hours of community service to be performed. The youth is then matched with a volunteer who supervises the work. Serves youth ages 12–15.